

GYM AND GROUP FITNESS TIMETABLE

START TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5.45AM	HIIT30 (Strength)		Power Bar		
6.30AM	Yoga				
8.00am	Sweat & Shred (Gym)**	Living Legend (Gym)**		Functional Fit	Pilates 1
9.00am	Pilates 2	Music & Moves	Balls and Bands	Boxing	Body Stretch
10.15am	Pilates 1	Supervised Gym	Weight It Out	Living Legend (Gym)**	Power Bar
11.15am	Chair Yoga				
4.00pm		Supervised Gym		Supervised Gym	
5.00pm				ABT - Abs, Bums, Thighs	
5.30pm	Pilates 1/2	HIIT30 (Strength)	Yoga		
6.30pm	Boxing				Current as at 29 January 2024

GYM AND FITNESS CLASS DESCRIPTIONS

The Demark Recreation Centre provides a range of fitness classes and gym sessions to suit various levels of fitness and mobility. If you are attending a class for the first time, we recommend you arrive 10 minutes early so you can introduce yourself to our qualified instructors. All classes held in the function room or courts unless otherwise stated.

Our gymnasium has a range of equipment to suit all users including stairmaster, treadmills, medical recumbent bikes, cross trainers and elliptical trainers for aerobic exercise, to Olympic bars, free weights and dumbbells for strength. After hours access available to members only (conditions apply.) Note: 14 - 15 yr olds may attend classes/supervised gym with parental permission.

ABT - Abs, Burns, Thighs, designed to tone and strengthen. 45 minute class. Suitable for all fitness levels with advanced options. **Balls and Bands** A low impact class that uses fitballs and resistance bands to improve the core, balance, flexibility and strength. **Body Stretch** Improve your flexibility and release tightness through a series of body movements designed to increase your mobility. The session ends with a brief relaxation and meditation. Suitable for all ages and fitness abilities.

Boxing A medium to high intensity class that utilises glove/pad combos and bodyweight movements to provide a well-rounded workout. It is a high intensity class that is designed to improve overall fitness.

Chair Yoga A gentle form of yoga that can be done whilst boosting your mood. Suitable for all ages and fitness abilities. **HIIT30** A thirty minute high intensity interval training workout using barbell and weights. Suitable for all fitness levels.

Functional Fit A low impact circuit designed to improve strength and cardio fitness. Suitable for all fitness levels. **Living Legends** Gym Sessions These supervised gym sessions take place in the gymnasium. Participants are guided through their programs by a qualified trainer. To attend the Living Legends gym session you must arrange a one on one appraisal (\$70).

Music and Moves A fun fitness program based on dance styles. It's performed at a lower intensity level to be more accessible. Suitable for all ages and fitness abilities.

Pilates 1 Suitable for beginners. These classes are designed to build a strong foundation in the Pilates method, based on the classical exercises.

Pilates 2 Suitable for those who have attended Pilates 1 and are looking for a more dynamic and challenging series of pilates based exercises that aim to strengthen muscles whilst improving postural alignment and flexibility.

Power Bar A medium to high impact class that uses a barbell and hand weights to build strength and tone. **Sweat and Shred** Held in the functional area of the gym, this high intensity circuit style workout uses strength and cardio exercises to improve athletic fitness.

Supervised Gym Sessions Open for all members to attend (including 14-15 year olds). Our qualified trainer is available to offer exercise advice and supervised use of the equipment. Suitable for all ages and fitness abilities.

Weight it Out Using a light barbell and weights, this class involves low impact movements to improve overall strength. Suitable for all ages and fitness abilities.

Yoga Incorporating warming yoga flow, opening asanas and savasana for strength and flexibility, revitalisation and relaxation.

** Please note the functional area of the gym is not available the following times: Monday 9.00am - 10.00am, Tuesday 8.45am - 9.00am, Wednesday 10.45am - 11.00am. CLASS PARTICIPATION: Classes are subject to minimum and maximum numbers. We recommend you arrive 5 minutes early to avoid disappointment as some of our classes reach capacity from time to time. We also require a minimum number of participants to run fitness classes. Classes may be removed from the timetable if attendance is consistently low.

CRECHE SERVICES Our Creche Service runs four mornings per week. Monday, Tuesday, Thursday and Friday. Suitable for children as young as 1 year and up to the age of 6. Bookings are essential as spaces are limited. Members are given priority. The cost is \$4.50 per child or \$40.00 (10 passes) or \$76.00 (20 passes).

FITNESS AND MEMBERSHIP FEES & CHARGES Fitness memberships includes fitness classes, after hour access key and gym access. Upfront payment required.

Fitness Membership	1 Month \$127	3 month \$265	12 month \$635 (FIFO \$520 - Conditions Apply)
Casual Class / Gym Visit	Adult \$16.50 (10 Pass \$150.00)	Concession \$9.00 (10 Pass \$81.00)	

PERSONAL TRAINING Contact our reception staff to find out more about our Personal Training services available to members. Introductory PT Program Package \$170 includes initial one on one consultation, personalised 4 week self guided program, one on one PT session and program walk through. Additional sessions 1 hour \$70.00 (one on one) / \$100 (small group up to 4)

SPORTS HALL

Our Sports Hall features two courts with scoreboards, retractable basketball rings and line markings for a range of sports.

Fees Apply for the casual use of the courts.

Adult \$6.00

Child (17 and Under) / Concession / Senior \$5.00

Full Court and Half Court Hire available.

The sports hall is used for various social sports activities including:

Badminton Tuesdays 9.30am

Table Tennis Mondays 9.30am / Wednesdays 6.00pm

Indoor Volleyball Wednesday 6.00pm (Summer)

Pickle Ball Tuesdays 5.30pm / Fridays 10.00am

Indoor Cricket Mondays from 5.45pm (Winter only)

Check the website for more information on our Social Sports Programs.

SPORTING CLUBS

The Recreation Centre is used by the Denmark Basketball Association (Summer) and Denmark Netball Association (Winter) to facilitate their fixtured sports. To find out about registering for these sports please contact the associations directly.

To view the list of Denmark Sporting Clubs go to www.denmark.wa.gov.au/sporting-clubs-corner.aspx

FUNCTION ROOM HIRE

The Denmark Recreation Centre Function Room is suitable for corporate and social functions, training seminars, workshops and catered events. The room includes adjoining commercial kitchen and bar with cool room. Suitable for up to 100 persons. To make a booking contact us on 9848 0344 to discuss further.

OVAL HIRE

To book the McLean Park Oval or High School Oval for training or events please contact us on 9848 0344 or email reccentre@denmark.wa.gov.au



Centre Opening Hours*

MONDAY	8.00am - 7.30pm
TUESDAY	8.00am - 7.30pm
WEDNESDAY	8.00am - 7.30pm
THURSDAY	8.00am - 7.30pm
FRIDAY	8.00am - 5.00pm
SATURDAY	8.00am - 12.00pm **

*Centre may be open outside of these hours but reception will be closed.

**During School Term Only



Denmark Recreation Centre

Brazier Street, Denmark

(08) 9848 0344

reccentre@denmark.wa.gov.au



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A collage of several photographs arranged in a grid-like pattern. The images show people engaged in various activities: a man playing pickleball, a person dribbling a basketball, a group of people playing netball, a person running on a treadmill, a person performing a stretching exercise, and a large dumbbell in the foreground. Overlaid on this collage is a large circular logo for the "DENMARK RECREATION CENTRE". The logo features two stylized human figures in black, one jumping and one in a dynamic pose, set against a background of blue and purple light effects. The text "DENMARK RECREATION CENTRE" is written in a bold, sans-serif font around the perimeter of the circle.

- 24/7 GYM**
- FITNESS CLASSES**
- CRÈCHE**
- SOCIAL SPORTS**
- SPORTS HALL**
- FUNCTION ROOM**